

## **LA TIB patchwork**

Plugging in my earphones and tune in to my favourite songs after a hard day of work at school allows me to escape into a world of my own filled with my favourite music playing endlessly. I am sure many do the same too. Have you ever wondered why people like to listen to music? Well, I have and I believe that music helps people to change their moods.

I believe that music plays a big role in changing one's mood. I think we all know that listening to music when feeling down or disappointed can fill you with warmth and happiness. But do you know that music can also reduce stress, make depression more bearable and help you relax? There is even a field of therapy called music therapy where they use music to help people feel better.

Furthermore, research has shown that music helps to reduce stress by relaxing muscles and slowing your breathing rate. Music also makes you happy by stimulating your body to produce serotonin (happiness hormone) which elevates your mood. Music can alter your brain wave patterns and help to make you feel happier even after you have stopped listening. And music can serve as a motivation to you too. By listening to your favourite music, you will feel very motivated as your mood elevates.

I had an experience like that before. When I was feeling down and stressed out over my school work, I tried to relieve stress using many ways such as venting out my anger crushing papers, crying my eyes out, but to no avail. I sat in the corner of my room, tired, not knowing what to do. My eyes swept across the room and landed on my phone. Instinctively, I picked it up and played with it for a while before trying to blast rock music to vent out all my anger and then soft ballad music to calm me down. Eventually, I wiped away my tears and a smile crept up my face. It had worked! From then on, I truly believe that music really helps one to feel better and relieve stress.

Music is a really powerful way of changing people's moods and feelings and I strongly believe that no matter where and when, music will always live on and help as many people to feel better or happier. Listening to music will always be a great way to de-stress and let you feel happier, this I will always believe.